

KEEP YOUR BABY WELL THIS SUMMER

Important Directions to Be Followed By the Mother During Hottest Months

SECOND YEAR NOT DANGEROUS

What the Expert Health Nurse Does to Keep the Babies Placed in her Care Healthy and Happy—Anyone Can Do the Same.

(By Mrs. Lena A. Warner, Division of Extension, University of Tennessee.)

Do you know that one-fourth of all babies die before they are one year old?

Do you know that one-fifth of these deaths happen in July?

Hot weather alone does not kill babies.

Death comes most frequently from the effects of hot weather upon the food of which they eat.

Remember there is no better food for babies than mother's milk. If you can nurse your baby, do so, not often than once every two hours; when the baby is over three months old, every two and a half hours; when five months, every three hours. Give the baby all the cool boiled water it wants.

Boil the water twenty minutes. Let it cool in a covered jar. Never leave it uncovered. A quart fruit jar will hold enough for a day's supply. Have it fresh every day. Babies often cry because they are thirsty, or because they are getting too much food, or because they are too hot.

Dress the baby in as few things as possible on hot days. A little band of woolen and cotton mixture to absorb perspiration, a petticoat and a thin dress are enough. Socks are unnecessary.

Do not wean your baby unless the doctor orders it. Then follow his advice regarding the preparation of the milk for the bottle baby. Do not feed the baby on coffee, syrup, or any solid foods.

Keep the milk clean. See that it is always kept covered and cool. Bottles, pitchers and brushes used to prepare the milk must be perfectly clean. Prepare enough bottles in the morning for all the feedings of each day. Place a stopper of clean absorbent cotton in each bottle. Keep these bottles in a separate part of the spring house or iceless refrigerator.

Milk must be kept cool if it is to remain fresh. Do not forget the value of hot soapuds and boiling water for cleansing purposes.

Teething is a natural event in a baby's life and will not make it sick if it is properly fed and kept clean. Teething is no more difficult in summer than in winter. The second summer need not be any worse than the first.

Bathe the baby at least once each day. If it has prickly heat, put a teaspoonful of bicarbonate of soda in the bath. Babies with prickly heat may have been covered or dressed too warmly.

Fresh air is most important for a baby in summer. Keep it out in the cool, shady places as much as possible.

MUST PLACE ORGANIC MATTER IN FARM SOILS

There Are Several Ways to Supply This Requirement—Crops Plowed Under is One; Manure is Another.

(By C. E. Allred, Division of Extension, University of Tennessee.)

The most important soil problem in nearly all regions is the question of organic matter. This problem is particularly serious in the South. In this region of long seasons a tremendous quantity of organic matter is used up each year. In colder regions the "decay" is less rapid. In the South the great soil problems are organic matter and erosion, and the latter problem is, to a considerable extent, a problem of organic matter, because this helps to hold the soil.

Each farm must ordinarily grow its own organic matter supply. Occasionally, a farmer may depend on purchased manure or hay, straw, or other feed, but these are expensive and bulky to handle, and cannot often be secured at prices that will enable a farmer to make a profit from them.

There are three general methods of adding organic matter to the soil. (1) By plowing under crop roots, stubble, cornstalks, etc. (2) By the use of farm manure. (3) By plowing under green crops.

Weeds furnish one of the cheapest sources of organic matter. They should be plowed under before the seeds are ripe enough to grow.

Protect manure in covered pits like this. Manure is one form of organic matter needed in soils.

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Whitwell.

Special to the News.

As I have been absent for two weeks I will try to give the news this week, and the details of my trip. I went to Signal Mountain to see my daughter, Alice Massey, who was on her way to see me, but got sick and could not make the trip. After I stayed with her two days, I went to Durham, Ga., where I met several old friends whom I was glad to meet. I stayed one week there, and then returned to Chattanooga, where I met Uncle Rip Van Winkle, and you bet we took in the town that night. I spent three days with him, and he said that he must get up a dollar for the News pretty soon. I came back to Signal Mountain and found at Mr. and Mrs. P. L. King's, another grandson. I came back to Whitwell and got news that Whitwell was on a good road from nothing to plenty, if the men are not crowded to death. Crowding has been the ruin at Whitwell.

Miss May Station and Harvey Campbell were married Saturday. Rev. Claud Massey performed the ceremony. We wish them a happy life.

Uncle Huke Norbent went to Chattanooga Sunday with a drove of beef cattle.

A. B. Levan was at Whitwell Thursday hunting tools to work the road.

James Payne went to Chattanooga and got a job at the junk yard. He worked two days, got rich and came home to play ball.

Frank Brown went down the pike Sunday, horseback.

Roy Norwood went up and down the pike Sunday in his car.

Dr. Moore and son went down the pike Sunday.

Matt Griffith went up the pike Sunday muleback.

John Holloway gave ye writer a call Sunday.

W. C. Hill and family went up the pike Sunday in their car.

Tommye Sane, Jr., went up the pike Sunday.

Frank Kelly and family went up the pike Sunday.

Dave Holloway went up the pike Sunday in his car.

Henry Andregg and family went up the pike Sunday in their car.

Aray Bridges was out buggy riding Sunday.

Frank Deakins and Mr. Jones from Sequatchie County, had a runaway Sunday. The buggy was torn up and the men got hurt, we understand that Deakins got some ribs broken. The horse got frightened while driving up the pike.

Earley Ashburn went up the pike Monday, with a wagon load of household plunder.

Mr. and Mrs. Will Pickett visited ye writer Sunday.

John Cowen is making his regular rounds on the mail route.

Yucca, Ala., has woke up. Come on, and let us hear from there every week.

Ye writer may go to Decatur, Ala., next week on business.

Today is Tuesday and it is raining, and ye writer is suffering with lumbago.

Earley Ashburn is moving back home on the farm.

Come on, all ye writers. Let's keep up the news so we can hear from all.

Low Smith is on the road to the city of Whitwell.

Grover Pickett is still smoking.

Well, "Brown Eyes," I do not know who sold out. I know one thing, it was not "Uncle Blue," for there isn't any company that can get him to sell his friends and brothers for money. No, not I. I never want to bear the name of a scab or strike breaker.

You know not even a company likes a strike breaker. They know that he can be got to do anything, so if this place was sold out, a scab did it. They might say a union man did it, but it is not so. A union man is too solid for any such thing. It is n't every man that says he is a union man that is a union man. He wants his rights and he wants you to have yours. He wants everyone treated right, both company and men. If a union man owes you anything, you will get it, and you may bet all you have on that, but a thoroughbred scab will lie. He won't pay anything, and will do all he can to beat you out of what you have got. He isn't looking to your interest as well as his, but he is fighting to beat you someday or another. But a thoroughbred union man wants to live as God has laid down in his Word for us to live, live for each other and stand by each other, aid and assist our fellowmen as our selves. You take your Bible and read it and see if it doesn't take a union man to be a Christian, and you will find by reading that a scab in principle is just as sure for hell as if he was there, if he doesn't change. If I was a strike breaker, I would not want my duty to know it. You know as well as I know if a working man tries to down his fellow worker he hasn't got any good principles in him. Moreover a union man must treat the company as well as he wants to treat him. Do unto all men as you would have them to do unto you. Uncle Blue.

BIBLE LESSON.

Q.—Can we get to a place in our experience where we will not be tempted.

A.—No, it is not a sin to be tempted. Jesus was tempted. He that overcometh shall inherit all things. (Rev. 21:7.) You shall not be tempted above that ye are able to bear. (Corinthians 13:13.)

Q.—Does every man sin in thought, word, or deed.

A.—No, if so, they are all sinners and will be lost because the word says. He that committeth sin is of the devil. (John 1:10.) Paul says, "Awake to righteousness and sin not." (Cor. 1:15-24.) The devil can and will bring evil thoughts to our minds, but we are under no obligations to obey them. Should Satan bring evil thoughts to our minds, we would not be compelled to obey that thought or suggestion. (John 1:1-7.) The word says "Resist the devil and he will flee from thee. It is not a sin to have an evil thought presented to your mind but would be a sin to entertain such thoughts. John W. Rodden.

FOLEY KIDNEY PILLS

FOR BACKACHE KIDNEYS AND BLADDER

TENNESSEE A LEADER

IN BUTTER PRODUCTION.

State Wins Second Place at Butter-Scoring Contest—All Points Of Excellence Considered.

Five of the seven creameries of Tennessee entered samples of butter in the butter-scoring contest held June 8th at Birmingham, Alabama, in connection with the meeting of the U. S. Dairy Extension men of the Southern States. There were entries from 30 creameries, representing 8 states of the South. The butter was scored by Mr. Sander-gard of the Dairy Manufacturing Section of the Federal Dairy Division.

The highest individual score was 92½ made by butter from the Alabama Agricultural College Creamery at Ash-burn, Alabama. Two Tennessee cream-eries, Chapel Hill and Murfreesboro, tied for second place with a score of 92 each.

The average score of the creameries by states was as follows:

State	No. Entries	Average Score
Georgia	1	91.0
Tennessee	5	90.5
Alabama	3	90.3
South Carolina	3	89.7
Mississippi	6	89.3
Texas	4	87.75
Arkansas	4	86.4
Louisiana	4	86.1

Tennessee butter was noticeable superior to other butter in body. It did not have the pasty, tallowy body that results from the heavy feeding of cotton-seed meal.

Tennessee has the advantage of blue grass pastures and more varied rations for the cow. The local creameries of Tennessee also have the advantage of better cream than those creameries where a great deal of cream is shipped. This resulted in a high average score on the favor of the butter.

Tennessee butter was at fault largely because the butter-makers did not pasteurize their cream and use a good starter. Only one Tennessee creamery, represented, pasteurized the cream. The practice of pasteurization was more general in the other Southern states.

Mt. Olivet.

Special to the News.

Rev. Levi Bolden preached here Sunday.

Misses Mary and Beatrice Higgins visited in South Pittsburg, the latter part of last week.

Come on, Kusey, Okla., and give us a good piece.

John Brown spent last week visiting homefolks in Bryant's Cove.

Fred Basham and wife spent Saturday night with Bruce Rollins and wife.

Sam Brown, of Bryant's Cove, spent one night last week with his son, Harrison Brown.

Singing was attended by a large crowd Sunday night.

Rev. Thurston, of Whitwell, preached here Thursday night.

Walter Layne, Pleas Layne, Walter Dykes, Emmett Russell, Kirksey Basham, Houston Green attended the singing at Cedar Springs Sunday.

A. L. Panter, of Tate's Chapel, spent Saturday night with Clyde Griffith.

Miss Myrtle Morrison, of Shirley-ton, is visiting Miss Lillie Morrison.

Mrs. Stone, of South Pittsburg, is visiting her daughter, Mrs. J. H. Higgins.

Kelly Morrison, Ed Payne, A. L. Panter and Clyde Griffith attended singing at Cedar Springs Sunday.

Pleas Layne says he sure loves to go to the side to see his girl.

Reporter.

HOW TO GET RID OF A COLD

Read how C. E. Summers, Holdredge, Neb., got rid of his cold. "I contracted a severe cough and cold and could hardly sleep. By using Foley's Honey and Tar as directed my cough was entirely cured and I give it full credit for my speedy recovery." Foley's always soothes and heals. Children love it. Sold by J. W. Simpson & Son, Jasper, Tenn.

Non-Resident Notice.

In the Chancery Court of Marion County, Tenn.

Henry B. King et al.

vs.

R. F. Patton et al.

In this cause it appearing to the satisfaction of the Clerk and Master, from Complaint's Bill, which is sworn to, that Defendants, E. E. Richardson, Susie Gowan Richardson and The Mercantile Trust Company are non-residents of this State, so that the ordinary process of law cannot be served. It is therefore ordered that publication be made in Sequachee Valley News, a newspaper published in the town of Sequachee, Tenn., for four consecutive weeks, commanding said non-resident Defendants to appear at the August Rules of the Chancery Court, to be held in the Court-house in the town of Jasper on the First Monday of August, 1916, and plead, answer or demur to said Bill, or the same will be taken for confessed, and set for hearing ex parte as to them.

This the 18th day of June, 1916.

A. L. ROBERSON,

Clerk and Master.

Printer's Fee, \$7.00.

Non-Resident Notice.

O. L. Gregory

vs.

Southern Well & Contracting Co.

In this case it appearing by affidavit that the defendant, Southern Well & Contracting Company, is justly indebted to the plaintiff and is a non-resident of the State of Tennessee, so that the ordinary process of law cannot be served upon it, and an original attachment having been levied on defendant's property, it is therefore ordered that publication be made in the Sequachee Valley News, a newspaper published in Sequachee, Tennessee, for four successive weeks, commanding the said Southern Well & Contracting Company to appear before me, at my office in Monticello, Tennessee, on the 30th day of June, 1916, at 11 o'clock, a. m., and make defense to said suit against it or it will be proceeded with ex parte.

This the 5th day of June, 1916.

V. L. HOLCOMBE,

Justice of the Peace.

Printer's Fee, \$6.50.

McRoberts, Kentucky.

Special to the News.

I will let you hear from old Kentucky one more time.

We plenty of work and plenty to eat, and that just suits old Tennessee boys. Henry Loveday and wife were visiting Frank Newson and wife last night. Old Tennessee boys are still coming to Kentucky.

Come on writers of Kelly's. I like to read your pieces.

Sam Hatfield, of Dunlap, arrived at McRoberts last night.

John D. Rockefeller visited our home town today, greeting everybody with a smile.

Kentucky is a good place to work and anybody will like it that wants to work for McRoberts works day and night. Kentucky is no bad place. It is far ahead of Tennessee. Most of the Tennessee people have not been far away from Tennessee to learn what is in the world.

Mr. and Mrs. Frank Newson went to the Holiness meeting last Sunday. There is going to be a big time in McRoberts next Sunday. The Holiness people will have an all day meeting. You bet we enjoy going to church.

Let us hear from the Etna boys and Mont Lake and Saddy also, as I am a Tennessee boy and have several friends at these places. I wish some of you Tennesseans would come to Kentucky. Boys you would be surprised with how much better you could do here than you can in Tennessee. I know of one fellow that came here the 25th of last August. When he came here he was in debt to the company \$114, he has paid that and has banked \$400. Boys, can you beat this in Tennessee. I you can, you are doing well, but if you cannot you had better come to Kentucky where you can make a living, anyway.

How is the Kelly's Ferry inclined drum getting along?

Come on, Texas. We enjoy reading your pieces very much. Ye writer used to play with you when a boy at Inman. Tell us some more news about Texas.

I would like very much to hear from Howard Bracken as we used to be good friends. We are still good friends but have lost sight of each other; also Luther Vault. It you Texas writer know where these two parties are, give them my best regards.

Yours truly,

Eastern Ky.

Pryor Ridge.

Special to the News.

Visiting seems to be the order of the day.

Mrs. Albert Sitz and children visited Virgel Sitz Monday.

Jay Harris visited in Oak Grove Monday.

Dee Cope passed thru here Monday morning, en route to Coalmont.

Jeff Coursey has moved to the house vacated by U. Z. Roberts.

Simon Nunley, of Oak Grove, called on his best girl Sunday.

J. A. Goforth and family called on Mr. and Mrs. Jeff Coursey Sunday.

Misses Beniah Henley, Jessie Nunley and Emily Sitz, were in Oak Grove Sunday.

A wedding that came as quite a surprise was that of John Dyer and Miss Janie Harris, who were married Sunday afternoon by Elder J. D. Northcutt. Miss Janie will be missed by the pupils of her Sunday school class and all who know her. They will make their future home at Coalmont where Mr. Dyer is employed.

Mr. and Mrs. Luther Nunley, of this place, have moved back to Tracy City.

Annie Nunley, Elsie Martin, Jay Harris and Charlie Martin gave Misses Beniah and Lizzie Henley a call Sunday afternoon.

Mrs. Will Dent, of Tracy City, is visiting relatives here this week.

Dee Curtis and family visited Mr. and Mrs. Henry Haynes Sunday.

George Morgan was all smiles Sunday.

J. E. Hogan attended Sunday school Sunday.

Everett Byas and Clarence Johnson passed through here Sunday.

A large crowd attended Sunday school Sunday.

George Tate called on his best girl at Oak Grove Sunday.

Jim Shrum, of White City, attended Sunday school Sunday.

J. E. Weaver and Carter Henley were all smiles Sunday.

Miss Lizzie Henley has been sick for some time but is some better now.

Lawrence Bryant called on his best girl Sunday.

Come on, "Sweet Rose Bush," of Graves Creek, for we enjoy reading your pieces. Sweet William.



For Neuralgia, nothing is better than

Dr. Miles' Anti-Pain Pills

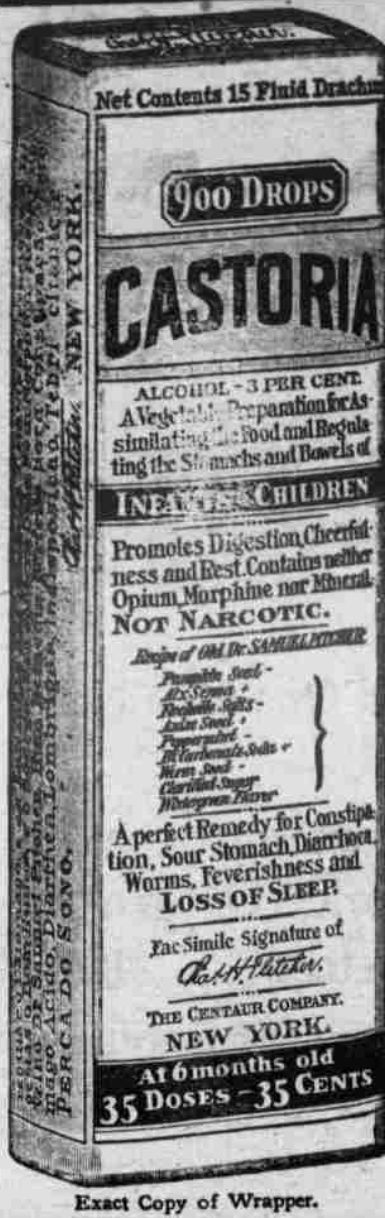
Used by thousands for a generation

Those who have suffered from neuralgic pains need not be told how necessary it is to secure relief. The easiest way out of neuralgia is to use Dr. Miles' Anti-Pain Pills. They have relieved sufferers for so many years that they have become a household necessity.

"I have taken Dr. Miles' Anti-Pain Pills for five years and they are the only thing that does me any good. They have relieved neuralgia in my head in fifteen minutes. I have also taken them for rheumatism, headache, pains in the breast, toothache, earache and pains in the bowels and limbs. I have found nothing to equal them and they are all that is claimed for them."

J. W. SEDGE, Blue Springs, Mo. At all druggists—25 doses 25 cents. Never sold in bulk.

MILES MEDICAL CO., Elkhart, Ind.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

Exact Copy of Wrapper. THE CENTAUR COMPANY, NEW YORK CITY.



Wake up business!

The Bell Telephone is the Big Ben of Business. Ring up on the Bell.

You may talk about dull times 'till you lose your breath but it won't help matters, save your breath to talk into your Bell Telephone.

Ring up old customers, then start on a fresh list of prospects, there is no quicker way—none that saves more time or expense.

If you haven't a Bell Telephone, get one now. Call the Business office for rates.

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BOX 76, CHATTANOOGA, TENNESSEE.

SEQUACHEE WATER WORKS.

RESIDENTS of Sequatchie have all the privileges in connection with water service equal to any first-class city. The supply is taken from Cumberland Mountain from springs 350 feet in elevation. Three miles of pipe are now laid.

McRoberts, Ky.

Special to the News.

Cool weather seems to be the order of the day.